

## Venue Hire

### Looking for the Perfect Space for Your Next Event?

Are you planning a celebration, function, or thinking about running a group here at the Centre? Scan the QR code below to explore available rooms, check dates, view costs, and complete your booking online through **SpaceToCo**. It's quick and easy! Start planning your event today!



## Fundraising

### SUPPORT THE HACKHAM WEST COMMUNITY CENTRE

Your generous donation enables us to continue offering essential programs and services that strengthen our community. Every contribution, no matter the size, makes a meaningful difference in the lives of those we serve.

As a registered Deductible Gift Recipient (DGR) organization, your donation is tax deductible, making it easier to give while supporting a great cause.

Scan the QR Code to donate

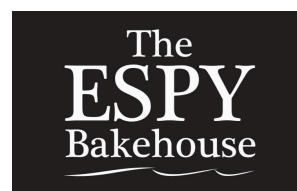


## Sponsors, Funders & Donors

A huge thank you to all the wonderful local businesses who have donated raffle prizes or sponsored our programs and events over the past three months, including our Wicked Movie Fundraiser and Jingle & Mingle Community Christmas Event.

Your generosity makes our events possible – we couldn't do it without your support!

We also sincerely thank all of our regular sponsors, funding bodies, and donors for helping us continue our work in the community.



Australian Government  
Department of Education, Skills and Employment  
Department of Social Services  
Department of Human Services  
Department of the Prime Minister and Cabinet



baptist  
care sa

COCCO  
CORPORATION  
MAINE BEACH



HACKHAM WEST COMMUNITY CENTRE

# NEWSLETTER

Term 1 • 2026

Tuesday January 27 - Friday April 10

## This term at the Centre...

### ANOTHER YEAR AT THE HACKHAM WEST COMMUNITY CENTRE!

Whether you're returning to your favourite programs or joining us for the first time, we've got plenty of activities, events, and programs for everyone. Come in, say hi, and be part of our friendly community. We look forward to seeing you!

### CREATIVE RELATIONSHIPS

GROWING RELATIONSHIPS THROUGH CREATIVE PLAY

**Mondays • 2<sup>nd</sup> February - 23<sup>rd</sup> March**

**10:00 am - 11:30 am**

*Creative Relationships* is a free, culturally inclusive program for parents, carers and children aged 3–6 years, focused on building strong connections through creative play. This 8-week, nature-play based art program offers a safe, supportive and nurturing environment where families can create together, make treasured memories and explore child development through hands-on activities.

For bookings, visit [www.artisticclaire.com](http://www.artisticclaire.com) or email [artisticclaire29@gmail.com](mailto:artisticclaire29@gmail.com)

### COOKING FOR ONE

SMARTER MEALS, LESS WASTE

**Wednesday 25<sup>th</sup> Feb • 5:30 pm - 7:30 pm**

Living solo doesn't mean settling for boring meals or blowing your budget! Join our Cooking for One workshop and learn practical tips for meal planning, savvy shopping, and preparing delicious dishes just for you.

Discover how to save time and money while reducing food waste - good for your hip pocket and great for the planet.

Contact the Centre on 8384 1065 for enquiries.

### GOOD BETTER BEST MEN

BE SEEN, BE HEARD, BE UNDERSTOOD

**Fridays • 10:00 am - 12:00pm**

**Starts 30<sup>th</sup> January**

*Good Better Best Men* is a welcoming weekly men's group for older men in our community. It's a place to talk, connect and be real - without judgement or pressure.

Whether you're retired, semi-retired, or simply looking for a positive circle of men, this group offers a supportive space to share life experiences, listen, speak and grow together at any age.

**Listen. Speak. Connect.**

Because life doesn't slow down - it deepens.

Register now at:

[www.goodbetterbestmen.com.au](http://www.goodbetterbestmen.com.au)

### COMMUNITY CONNECTIONS

Community Connections is a short-term (up to 12 weeks) support program helping people strengthen social connections, build supportive networks, and feel more connected to their community. The program supports adults aged 18–64 who may be experiencing loneliness or isolation (and who are not NDIS participants) to set goals, join community activities, and access local supports that improve wellbeing, confidence, and a sense of belonging. To find out more, please contact Tanya Taplin on **0424 033 547**.

### Phone

(08) 8384 1065

### Website

[www.hwcc.net.au](http://www.hwcc.net.au)

### Email

[reception@hwcc.net.au](mailto:reception@hwcc.net.au)

### Address

44 Glynville Drive  
Hackham West, SA 5163

### Postal Address

PO Box 402  
Noarlunga Centre, SA 5168

### Opening Hours

Monday - Friday  
9:00 am - 3:00 pm



**Our  
community  
centre.**  
**The heart  
of HackhamWest.**



# Under 5 Programs

## MOVE N PLAY

**Mondays • 10:00 am - 11:30 am • Starts Feb 2<sup>nd</sup>**

Join us for a fun, energetic, and interactive session designed for children under 5 and their parents or caregivers. Enjoy a relaxed and welcoming environment with:

- Singing & Music
- Parachute Play
- Movement & Exploration

Our facilitated group time encourages connection and play between children and their grown-ups. You're welcome to join anytime during the session. Come along, play, and have fun!



## MUNCH & MINGLE PLAY CAFÉ

**Mondays • 11:30 am - 1:00 pm • Starts Feb 2<sup>nd</sup>**

Relax and catch up with other parents after Move N Play while the little ones have fun! Treat yourself to a delicious lunch from our Every Day Café or a hot, barista-made drink from the Coffee Cart, while children enjoy extra fun in our soft-play area.

*Please Note: Children must be accompanied and supervised by a parent/carer at all times.*



## LITTLE EXPLORERS SENSORY & NATURE PLAYGROUP

**Tuesdays • 10:00 am - 11:30 am • Starts Jan 27<sup>th</sup>**

Join us on an exciting journey of discovery for children under 5 and their parents or caregivers! Through hands-on sensory play, little explorers engage their senses of sight, sound, smell, taste, touch, and movement in a fun, nurturing environment.

Led by qualified educators, our sessions provide opportunities for little ones to learn, play, and grow together.

Come explore, play, and grow!



## HEARTS CRECHE & OCCASIONAL CARE

**Wednesdays • 9:30 am - 11:30 am & 12:30 pm - 2:30 pm**

**Thursdays • 9:30 am - 11:00 am**

Our Crèche & Occasional Care provides children aged 4 months to school age with a safe, welcoming space to play, learn, and grow.

While little ones enjoy fun and engaging activities, parents and caregivers can:

- Attend programs
- Volunteer at the Centre
- Go to appointments
- Take a well-deserved break!

Children are cared for by qualified educators and dedicated volunteers.

Bookings are essential - spaces are limited and a waiting list applies.

To book, contact our Under 5s Team on 8384 1065.



# Adult Community Education (ACE) Programs

## BASIC COMPUTER SKILLS

**Mondays • 9:30 am - 11:30 am**

**Starts 2<sup>nd</sup> February**

Learn the basics of word processing, emailing, and using the internet to find information and stay connected. Perfect for beginners or anyone wanting to feel more comfortable using a computer every day.

## BUILDING ENGLISH SKILLS

**Wednesdays • 9:30 am - 11:30 am**

**Starts 28<sup>th</sup> January**

Join a friendly group and improve your English in a relaxed, welcoming space. Practice everyday conversation, develop reading and writing skills, and share stories and cultural experiences with others in your community.

Free Crèche available.

## GARDENING 101

**Wednesdays • 9:30 am - 11:30 am**

**Starts 4<sup>th</sup> February**

In this 10-week gardening program learn how to prepare soil, plant seeds, care for your garden, manage pests, and harvest fresh produce. Take home small gardening projects and enjoy a special excursion to another community garden!

Free Crèche available.

## DIGITAL WORKPLACE SKILLS

**Thursdays • 9:30 am - 11:30 am**

**Starts 29<sup>th</sup> January**

Learn advanced word processing for professional résumés, effective email communication, and essential online tools for modern workplaces. Great for job seekers or anyone wanting to boost their digital confidence.

Free Crèche available.



## JOB READY

**Thursdays • 12:00 pm - 2:00 pm**

**Starts 29<sup>th</sup> January**

In this supportive 11-week program, explore your strengths, discover career options, and build practical job-application skills. You'll create a résumé and cover letter and learn how to apply for jobs online.

## ONE POT, ONE WORLD

**Fridays • 9:30 am - 1:30 pm**

**Starts 30<sup>th</sup> January**

In this 9-week cooking program you will explore a different cuisine each week, following easy step-by-step instructions to create a shared lunch. Spaces are limited - book in early!



## BARISTA SKILLS

**Fridays • 9:30 am - 1:30 pm**

**Starts 30<sup>th</sup> January**

In this 9-week course, learn espresso-making, milk texturing, and customer service in a fun, small-group setting. Build confidence behind the machine and gain skills to help you step into a café job.



**CALL US**  
(08) 8384 1065



**EMAIL**  
under5coord@hwcc.net.au



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(08) 8384 1065



**EMAIL**  
acecoord@hwcc.net.au



# External Services

## CARERS SA

### 1-ON-1 CARER COACHING

**Mondays • 9:00 am - 3:00 pm**

If you provide care or support to a family member or friend with:

- A disability
- Mental illness
- Dementia
- Chronic or terminal illness
- Alcohol or drug-related challenges
- Frailty due to age

...then you are a Carer and can access FREE support services from Carers SA.

Carers SA offers up to six one-on-one coaching sessions to support carers to reflect on their needs, set personal goals and plan for positive change. Coaching is carer-led and explores how the caring role impacts different areas of life.

Carers can access free services and support by Carers SA and the Carer Gateway  
For more information, call Carers SA via the Carer Gateway on 1800 422 737



## EMPLOYMENT PLUS - PARENT PATHWAYS

**Tuesdays • 9:00 am - 3:00 pm**

Parents and carers can meet regularly with an Employment Plus mentor to get support with employment or further education. They'll be with you every step of the way, helping you complete activities and reach your goals.

How they can help:

- Set education and career goals
- Create an action plan
- Bridge skills gaps
- Build confidence
- Balance work and parenting
- Access local services and activities

To book, contact Jess on **0438 902 451**



## JESUS FLOCK COMMUNITY FELLOWSHIP

**Sundays • 8:30 am - 1:00 pm**

JFCF is a multicultural community church based in the southern Adelaide area.

Meet on Sunday mornings at the Community Centre for a church service followed by a light meal and fellowship.

Contact Pastor Boni on 0413 108 351 for more information

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Register now at:

<https://www.goodbetterbestmen.com.au>



# Centre Run Programs & Services

## SILVER CITZ

### OVER 65'S SOCIAL GROUP

**Thursdays • 10:00 am - 2:00 pm**

**Starts 29<sup>th</sup> January • \$12.50 for in-house sessions**

**Cost for outings will vary**

Looking for a fun and welcoming way to spend your Thursdays?

Join Silver Citz, our social group for over 65s!

- Enjoy games, activities, and entertainment, including in-house activities such as carpet bowls, bingo, and movie days
- Indulge in a delicious three-course lunch
- Connect, socialise, and make new friends

This term, we're excited to be welcoming back the Southern Ukulele Strummers and enjoying a Clogging performance from a local group.

Please note: A **MyAgedCare SSG (Social Support Group)** number is required to join the program. Don't worry - we can help with the process if you don't have one already.

Transport to and from the Centre may be available. Call 8384 1065 or email [hwccadmin@hwcc.net.au](mailto:hwccadmin@hwcc.net.au) for enquiries



## COFFEE & CRAFT

**Wednesdays • 12:30 pm - 1:30 pm**

**Starts 27<sup>th</sup> January**

Join us for an afternoon of creativity and conversation!

Bring your own craft project or make beautiful handmade cards for a gold coin donation.

Tea, coffee and biscuits

Come along, get creative, and connect with others in a friendly, welcoming space!

Free Crèche may be available - bookings are essential. Give us a call on 8384 1065 for enquiries.

## FOOD PANTRY

**Wednesday & Thursday • 12:30 pm - 2:00 pm**

Free items including bread, pastries, fruit, and vegetables, generously donated by **ESPY Bakehouse** **OzHarvest** and the **Cocco Corporation**. A selection of low-cost items is also available.

## PALS

### PLAYING AND LEARNING TO SOCIALISE

**Tuesdays • 3:15 pm - 5:00 pm**

**Starts 27<sup>th</sup> January**

Looking for something fun and meaningful for your child after school? PALS is a **FREE** program that helps children build life skills through play in a safe, supportive, and engaging environment.

Kids can enjoy games, activities, and the chance to make new friends - all facilitated by qualified staff and dedicated volunteers.

Activities include:

- Nintendo Switch Games
- Puzzles and Board Games
- Arts & Crafts
- Indoor Dodgeball
- Cooking activities
- Movie afternoons

Give us a call on 8384 1065 for enquiries.

## FAMILIES TOGETHER

**Mondays • 3:15 pm - 5:00 pm**

**Starts 2<sup>nd</sup> February**

**Families Together** is a welcoming program for Aboriginal and Torres Strait Islander families to connect, enjoy activities, and share a healthy dinner in a relaxed, supportive environment. Transport is available.

Activities include:

- Cultural arts & crafts
- Outings
- Cultural support

Uncle Bonny Gibson and Sonia Turner look forward to seeing you!

For more information call 0437 672 672 or 8384 1065

## STRETCH & BREATHE

**Wednesdays • 9:30 am - 10:30 am**

Start your Wednesday mornings with calm, connection, and gentle movement.

Join instructor Lisa for a relaxing yoga-inspired stretch and breathing session to help you feel grounded and refreshed for the day ahead.

Free Crèche may be available for little ones under 5 years old while you attend.

Spaces are limited - bookings essential.

To find out more, please contact Tanya Taplin on **0424 033 547**.

## COFFEE & CRAFT

**Wednesdays • 1:30 pm - 2:30 pm**

Bring your own crafts or make cards with us for a gold coin donation.  
Tea & Coffee provided

# Programs, Events & Services

## MONDAY

### CARERS SA 1-ON-1 CARER COACHING

9:00 am - 3:00 pm

### MOVE 'N PLAY

10:00 am - 11:30 am

Starts February 2

### MUNCH & MINGLE

11:30 am - 1:00 pm

Starts February 2

### BASIC COMPUTING

9:30 am - 11:30 am

Starts February 2

### EVERY DAY CAFÉ

11:45 am - 1:00 pm

Lunch • \$5.50

Dessert • \$2.00

Lunch & Dessert Combo • \$7.00

Takeaway Meals • \$5.50

Golden Toasties • from \$2.70

### THE OP SHOPPE

9:00 am - 2:30 pm

### COFFEE CART

9:30 am - 1:30 pm

### FAMILIES TOGETHER

3:30 pm - 5:45 pm

Starts February 2

## TUESDAY

### EMPLOYMENT PLUS - PARENT

#### PATHWAYS

9:00 am - 3:00 pm

### LITTLE EXPLORERS

10:00 am - 11:30 am

Starts January 27

### EVERY DAY CAFÉ

11:45 am - 1:00 pm

Lunch • \$5.50

Dessert • \$2.00

Lunch & Dessert Combo • \$7.00

Takeaway Meals • \$5.50

Golden Toasties • from \$2.70

### THE OP SHOPPE

9:00 am - 2:30 pm

### COFFEE CART

9:30 am - 1:30 pm

### PALS

#### AFTER SCHOOL PROGRAM

3:15 pm - 5:00 pm

Starts January 27

## WEDNESDAY

### HEARTS CRECHE & OCCASIONAL CARE

9:30 am - 11:30 am

& 12:30 pm - 2:30 pm

Starts January 28

### GARDENING 101

9:30 am - 11:30 am

Starts February 4th

### STRETCH & BREATHE

Gentle Yoga

9:30 am - 11:30 am

### BUILDING ENGLISH SKILLS

#### Come and Learn English

9:30 am - 11:30 am

Starts January 28

### EVERY DAY CAFÉ

11:45 am - 1:00 pm

Lunch • \$5.50

Dessert • \$2.00

Lunch & Dessert Combo • \$7.00

Takeaway Meals • \$5.50

Golden Toasties • from \$2.70

### THE OP SHOPPE

9:00 am - 2:30 pm

### COFFEE CART

9:30 am - 1:30 pm

### FOOD PANTRY

12:30 pm - 2:00 pm

### COFFEE & CRAFT

1:30 pm - 2:30 pm

## THURSDAY

### HEARTS CRECHE & OCCASIONAL CARE

9:30 am - 11:30 am

Starts January 29

### DIGITAL WORKPLACE SKILLS

9:30 am - 11:30 am

Starts January 29

### SILVER CITZ

#### Over 65s Social Group

10:00 am - 2:00 pm

Pop into the Centre to pick up a full-term program.

Starts January 29

### EVERY DAY CAFÉ

11:45 am - 1:00 pm

Golden Toasties • from \$2.70

### THE OP SHOPPE

9:00 am - 2:30 pm

### COFFEE CART

9:30 am - 1:30 pm

### JOB READY

12:00 pm - 2:00 pm

Starts January 29

### FOOD PANTRY

12:30 pm - 2:00 pm

## FRIDAY

### BARISTA SKILLS

9:30 am - 1:30 pm

Starts January 30

*\*Waiting list may apply*

### ONE POT, ONE WORLD

#### Cooking Class

9:30 am - 1:30 pm

Starts January 30

*\*Waiting list may apply*

### EVERY DAY CAFÉ

11:45 am - 1:00 pm

Lunch Deal - Golden Toastie,

Barista Coffee + Sweet Treat for

just \$7

### COFFEE CART

9:30 am - 1:30 pm

### GOOD BETTER BEST MEN

10:00 am - 12:00 pm

### FREE BREAD

From 9:00 am until all gone

